Affirmations On Grief

This book is dedicated to someone who showed relentless commitment.

By Destiny S. Harris

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Thank You

Thank you for taking the time to read this book.

My hope is that you leave at least 1% better than before you read this book and walk away with at least one takeaway.

I'd like to graciously ask that you help me by sharing this book with someone and/or reaching out to me about the book; your feedback helps me serve you better.

With Kindness,
Destiny

Poem: Like A Beautiful Flower

Like A Beautiful Flower

Like a beautiful flower
My time has come
All the petals have fallen
My time has come
All the rain has dried up
My time has come
All the beauty has disseminated
My time has come
All the breaths have left
My time has come
All the highs and lows are now unknown
My time has come
All the mistakes I've made no longer matter
My time has come
All the missed opportunities are no more
My time has come

I came as a beautiful flower
I leave as a beautiful flower
I did my best
And all your love I'm taking with me
And now I will rest

Journal Entry

What are you feeling today:

Chapter 1: Healthy Expression

Healthy Expression

Today's Affirmation

It is okay to feel. It is okay to experience sadness. It is okay to express myself. It is okay to be present with my emotions. It is okay to allow my emotions to *be* without judgment. It is okay to feel whatever comes into my heart at this time. It is okay to feel the pain of loss. It is okay.

I am the observer of my emotions. I am not hard on myself and my emotions. I am my number one emotional support mechanism. I am okay with emotional expression.

Journal Entry

What are you feeling today:

Chapter 2: Dealing With Loss

Dealing With Loss

Today's Affirmation

Loss is part of life. It is painful. It is discomforting. It is permanent. It doesn't always make sense, but I know I will come out on the other side of this. My pain is temporary. I will find purpose within this loss.

I am strong, but I am kind and gentle with my heart and emotions. I continue allowing myself to feel whatever I need to feel during this time.

Journal Entry

What are you feeling today:

Chapter 3: Caring For Myself

Caring For Myself

Today's Affirmation

I continue to care for myself during this time. I do not abandon my routine. I do not abandon self-love. I do not abandon self-care. I do not abandon self-value. I do not abandon the valuable rituals I have set in place for myself to make progress in my life. I will make something of this loss and choose to stay productive in a way that makes the most sense for this time.

I take care of myself today and each day going forward. I do not abandon myself. I stay present for myself emotionally, mentally, physically, and spiritually.

Journal Entry

What are you feeling today:

Chapter 4: Down Days

Down Days

Today's Affirmation

Not every day will feel like roses with sunshine and laughter. I recognize there will be highs and lows during this grieving process, and I never judge myself for the ups and downs. I gracefully move through the highs and lows with patience and empathy.

I am kind to myself today and each day moving forward. I surround myself with people who add happiness, support, and relief during this time of grief. I engage in productive opportunities that keep my mind in a healthier state of mind.

Journal Entry

What are you feeling today:

Chapter 5: Make It Count

Make It Count

Today's Affirmation

In every loss, there is an opportunity to make an impact, do good, and use energy for something productive. I will give myself time to grieve, and I will also use this time to create. I will put my mind and hands to work to make something meaningful of this loss.

I choose to stay productive. I choose to engage in positive thinking. I choose to unlock my creative abilities and potential for the good of humankind and for this dear loss.

Journal Entry

What are you feeling today:

Chapter 6: Saying Goodbye

Saying Goodbye

Today's Affirmation

Thank you for the memories. Thank you for your love. Thank you for your life. Thank you for your lessons. Thank you for your blessings. Thank you for your attention. Thank you for being part of my story. Thank you for being you. You will always hold a dear place in my heart, soul, mind, and body. Thank you.

I am saying goodbye for now, but I am not saying goodbye to the special place you hold in my heart. There will always be a room for you in my mind, heart, and soul. You are always welcome to visit.

Journal Entry

What are you feeling today:

Chapter 7: Patience, Kindness, Love

Patience, Kindness, Love

Today's Affirmation

I practice patience with myself. I practice patience with others. I practice kindness with myself. I practice kindness with others. I am most kind to myself, which conveys itself to others. My grief will only bring out positive traits within me, and I will share these positive traits and feelings with others.

I focus on being kind, patient, and loving towards myself and others. I focus on being generous not only to others but myself. I provide myself grace, and I give it to others. I am unconditional with the love for myself, my grief, and my pain.

Journal Entry

What are you feeling today:

Chapter 8: Forgiveness

Forgiveness

Today's Affirmation

I forgive you for any pain, harm, negativity, and unhealthy energy you added to my life or others. You are forgiven, and I hold nothing against you. I forgive you for any mistakes you made that affected me or others close to me. I forgive you. I hold nothing against you. I see you only in a positive light.

I do not harbor any unforgiveness. I forgive and let go. I move forward in peace.

Journal Entry

What are you feeling today:

Chapter 9: Letting Go

Letting Go

Today's Affirmation

I let go. I accept what is. I accept what isn't. I accept what I cannot change. I accept what I can change. I let go of what no longer is. I let go of what no longer can be. I let go of what will no longer be. I let go.

I practice the art of letting go each and every day. Today, this moment, and the next, will offer me a perfect opportunity to practice letting go and accepting what is.

Journal Entry

What are you feeling today:

Chapter 10: Acknowledge The Beauty

Acknowledge The Beauty

Today's Affirmation

I acknowledge the beauty of your life. I acknowledge the beauty of your existence. I acknowledge the beauty of your spirit. I acknowledge the beauty of all your contributions to the earth and universe. I acknowledge all the beauty of you.

I highlight, focus, acknowledge, and honor all the good of their existence. In loving memory.

Journal Entry

What are you feeling today:

Thank You

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous, enlightened, and committed to bettering yourself.

The End.